



## Black Bean & Bacon Quesadillas

 Gluten Free

READY IN



17 min.

SERVINGS



17

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 slices oscar mayer bacon cooked
- 0.5 cup black beans canned rinsed
- 4 6-inch corn tortillas ()
- 0.3 cup knudsen cream sour
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup mangos chopped
- 0.5 cup monterrey jack cheese shredded kraft

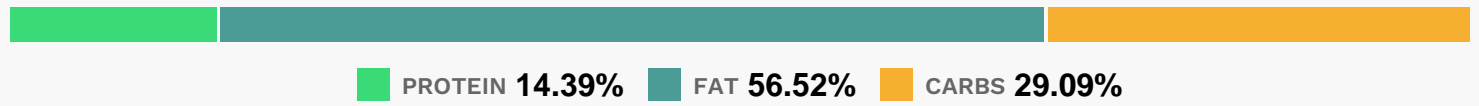
### Equipment

frying pan

## Directions

- Mix first 3 ingredients until well blended. Spoon evenly onto centers of tortillas; top with bacon slices. Fold in half to enclose filling.
- Heat large nonstick skillet on medium-high heat.
- Add quesadillas, 2 at a time; cook 2 to 3 min. on each side or until lightly browned on both sides. Repeat with remaining quesadillas.
- Serve topped with sour cream and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:9.49, Glycemic Load:1.53, Inflammation Score:-1, Nutrition Score:1.8752173872098%

## Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 61.59kcal (3.08%), Fat: 3.93g (6.04%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 3.73g (1.36%), Sugar: 0.85g (0.95%), Cholesterol: 8.37mg (2.79%), Sodium: 77.59mg (3.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Phosphorus: 50.25mg (5.02%), Calcium: 35.89mg (3.59%), Fiber: 0.82g (3.27%), Selenium: 2.12µg (3.03%), Vitamin C: 2mg (2.42%), Vitamin A: 117.26IU (2.35%), Magnesium: 8.58mg (2.14%), Vitamin B2: 0.04mg (2.07%), Vitamin B6: 0.04mg (2%), Vitamin B1: 0.03mg (1.99%), Zinc: 0.28mg (1.9%), Vitamin B3: 0.37mg (1.86%), Manganese: 0.04mg (1.85%), Folate: 6.43µg (1.61%), Potassium: 53.51mg (1.53%), Copper: 0.03mg (1.44%), Iron: 0.23mg (1.28%), Vitamin K: 1.07µg (1.02%), Vitamin B12: 0.06µg (1.01%)